

Stomach Nourishing Foods to pair with Flatter Me



Nutritionist Tip: Ginger is the ultimate cure for an upset stomach. This combo is perfect for healing the gut while providing essential enzymes to ease digestion & reduce bloating.

Try this Nourishing Juice: ¼ cup pineapple juice, strawberry juice, cold pressed beet juice, 1 tbs shredded ginger, blend & enjoy!



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